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STRESS IN THE CITY

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Stress in the City

Since Sept. 11, doctors are hearing increased complaints of anxiety, insomnia and depression from people who live or work in New York City. According to some reports, consumption of alcohol, drugs of abuse and fat-laden “comfort” foods skyrocketed.

Come hear top experts on the neuropsychology of stress, including leaders of the New York Consortium for Trauma Treatment, speak and answer questions on the brain’s reaction to post-Sept. 11 urban unease.

*How long-term stress
changes the brain and
influences our behavior*

7 p.m.
Tuesday,
January 29, 2002

Caspary Auditorium

- What is the best way to cope with long-term stress?
- What are scientists learning from those with healthy coping styles?

Admission is free and no registration is required.
Seating will be on a first-come, first-served basis.
Tickets will be distributed at the door starting at 6:30 p.m.

For additional information please call Ms. Jennifer Goldschlag at (212) 327-8073 or visit the university’s Web site: www.rockefeller.edu.